

# More Fruits and Vegetables - by Popular Demand!

*here's how to get them — wherever you are*



## At Restaurants:

- Ask the manager for fruit salad or lightly marinated cold vegetables instead of chips or French fries.
- Ask for fruit or vegetable substitutes (or create your own dish). Just because it's not on the menu, it doesn't mean it's not in the kitchen.
- Tell the chefs or restaurant managers that you appreciate the change of menu.
- Encourage others to frequent restaurants that serve fresh fruits and vegetables.

## At School or Work:

- Ask teachers at school to supply dried fruits in vending machines.
- Host a pot luck lunch at work with colleagues during 5 A Day Week using only fruit and vegetable recipes; swap recipes with those who attend.
- Create a healthy fruit or vegetable recipe when asked to bring a dish to work.
- Suggest to teachers or coworkers that you celebrate National 5 A Day Week with a challenge to encourage everyone to eat at least five servings of fruits and vegetables every day.

## At Home:

- Keep fruits and vegetables available and ready-to-eat.
- Fill your shelves with canned and dried fruits and vegetables. Fill your freezer with frozen fruits and vegetables. Fill your refrigerator with fresh fruits and vegetables.



4.25" x 8"

# Diners Speak Up For More Fruit and Vegetable Options

Nearly 70% of American restaurant-goers have asked for a fruit or vegetable item in place of another menu item at least once in the past year.



Source: The National Cancer Institute

4.25" x 5"

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